



*Letting go is always
an act of courage.*
ALLIS MOSS

Page 12



Win tickets to see
Dallas Buyers Club
COMPETITION

Page 20



*Keeping it all
you need*
HEALTH & BEAUTY

Page 74

£535million budget day

➤➤ *Scaremongering and irresponsible talk about savings is just plain wrong, says Leader*

Dana Adams

图 9-10 为图 9-8 所示电路的幅频特性。

THE LEADER of West Sussex County Council is expected to transfer budget speeds to outline 30 major projects that will be delivered for the county over the next 10 years.

Louise Goldsmith will ask a meeting of Full Council to approve a \$125 million budget for the authority for 2015/16 at a meeting on Valentine's Day. The budget includes a proposal to boost the county's part of the council tax bill for householders for the fourth year in a row and multimillion pound investments in education, the countryside and rubbish and core services.

Councillors will also consider

Dog milks have some nutritional pluses

Lower and Tashiro do not deny that Sumner has to balance their monthly income against their outgoings. He says no different: "We have to make savings. However, for the same level of interest rate as last year, we will be investing in the things that matter most to our readers—music, we will be investing more money than we are saving so that is not bad at all about that."

It is widely anticipated that Loxon will outline some key areas of investment that align with the Council's priorities around giving the children the best start in life, helping the council's elderly residents enjoy independence and good health and

Continued on inside B



The leader is also expected to talk about making a further £1million available to encourage consumers to act against climate as part of discussion about the £14.

MORE HEADLINES 309

CONSTRUCTION NORTH AMERICA
INTERNATIONAL BUSINESS

Page 3

NEW HAWAIIAN LIBRARY IS
NOW ON THE INTERNET

Page 8

CONCEPTUAL CHANGES
IN SCIENCE TEACHERS' BELIEFS

Page 18



Launching In 4 Weeks

William's Gate, Felpham
A Brand New Development of
Luxurious 3 & 4 Bedroom Homes

dwh.co.uk or call 0844 811 33 32

David Wilson Homes



© 2000 Blackwell Science Ltd *Journal of Internal Medicine* 247: 395–402

**VALUATIONS FOR
INSURANCE AND PROBATE**

*On JEWELLERY
& WATCHES*



PRESTIGE WATCHES

*We purchase many more
makes of Swiss Watches*



**CASH GIVEN FOR
SCRAP GOLD**

EO Required



LOWERY JEWELLERS

74 North Street, Chichester, West Sussex, PO19 1LQ

Tel: 01243 789518 Email: lowery@btconnect.com



FOLLOW US ON TWITTER
@chichesterhd

Local News

Scaremongering and irresponsible talk about savings is just plain wrong, says Leader

Continued from page 1
better life and boosting the economy at the meeting on Friday.

Those issues are expected to include a £15 million grant investment in improving main roads and urban roads across the County, on top of what the County Council does every year as part of its roads maintenance programme, a £12 million investment in education in Marlston, including a new secondary school and additional school places, and a £15 million investment into adult services.

Leader said: "We faced a lot of scaremongering and a lot of irresponsible talk about our savings programme and it is just plain wrong. We are in good financial shape. We will always do what's best for our residents and we will always be there for those people who need us the most. The budget being presented to full council on February 14 marks the start of a new chapter for West Sussex County Council."

Councillor Michael Brown, Cabinet Member for Finance, added: "It has never been more

important for us to do what we can to give households a level during these tough economic times and that is why we have made the decision to vote council leaders for the fourth year in a row.

"We have worked very hard to make savings by reducing our expenditure and making it as efficient as possible to keep council tax as low as possible. That work never stops."

"This council is committed to making sure that every penny of our hard earned residents' money is spent wisely."

"By dint of good financial management, we are able to propose a budget which increases or reduces the value of all local tax services, budgets, operate efficiently in the future, maintains adequate reserves and allows us to stand in greater efficiency to make further savings from our own local services."

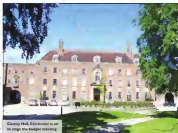
Other significant investments expected to be announced at the meeting include a further £12 million investment in the County Council's Transport and Mobility programme to support West Sussex's most

vulnerable families who need additional support to ensure that their children grow up with the best possible start in life.

The Leader is also expected to talk about making a further £1 million available to encourage businesses to set up an apprenticeship as part of an apprenticeship scheme.

It is also expected to be given the opportunity to open his speech from a second round of the for the business programme thanks to further funding of £100,000.

Finally, the continued rollout of high speed broadband over the next six months is expected to be discussed.



County Hall, Chichester is set to stage the budget meeting.

that part of households across Sussex across if they want to be kept up to date.

The full council meeting will begin at 10.30pm on Friday, February 14 at County Hall.

Chichester is a popular town for the public and will also be visited by many and can be viewed by visiting www.westsussex.gov.uk on the day.

Let us know what you think @Chichesterhd

Chichester police launch Operation Suppress



CHICHESTER Police have launched Operation Suppress to target offenders who cause the most harm to the district.

Officers on Chichester district will work with other partner agencies and organisations to tackle these individuals through different channels.

Suptor H.D. Bulla from Chichester Neighbourhood Policing Team said: "Historically, Chichester district has suffered

more than repeat offenders who reside either on or near to the district. Previous work has successfully disrupted these people in the short term, but they continue to return and commit crimes within our communities."

"We will, therefore, target these individuals intensively and work with partner agencies that we can bring in to this activity. We will use all available resources to ensure that these individuals are stopped and to ensure that they are not a threat to the community."

being taken together for the reasons that have been committed.

"They will remain under the spotlight until we are satisfied that they are no longer a threat to the district."

"We want to ensure that Chichester remains a safe place to live, work and visit and we believe that the public would expect us to be proactive in where the Operation Suppress is designed to do exactly that."

Shutters
Wood
Venetian Blinds
Vertical Blinds
Roller Blinds
Pleated Blinds

Free Estimates
Full Fitting Service

Drapewise INTERIORS

Paragates of Boreham Park, Pimlico, W1A 1AA

200 Southgate, Chichester, PO19 1DP

Tel: 01243 788543

email: info@drapewiseinteriors.com

**Anorak
Corner**

Increasing support of
information about Chichester

The City of Chichester is
twinning with Chartres,
France and Ravenna, Italy

Brilliant by
feather & black

Offers
of the
week

Clearance Outlet Up to 80% off*



Save
£99

Olivia Bedroom Mirror
Was £149 Now £50



Save
£150

Finn Bedside
Was £249 Now £99



Save
£176

Slipper Chair
Was £375 Now £199



Save
£250

Finn Bedstead
Was £449 Now £199



Save
£674

Arncliffe 5 Drawer Chest
Was £999 Now £325



Save
£524

Comwell Wide Chest
Was £899 Now £375

Visit Feather & Black's largest UK clearance outlet.
Items added daily, first come, first served.

Feather & Black Chichester, Terminus Road, PO19 8ZZ
Tel: 01243 380 636 www.featherandblack.com



*All clearance products are subject to availability and are sold as seen.

WESTRINGS

YOUR LOCAL, RELIABLE COACH OPERATOR



THE NATIONAL QUILT CHAMPIONSHIPS Sandown Exhibition Centre

Friday 20th June £26.00

There will be spectacular displays of hundreds of competitive quilts from all over the world on display at the National Quilt Championships at Sandown Exhibition Centre, Sandown. Patchwork and quilting suppliers stands, shop with dedicated patchwork exhibitors, fabrics, beads, sewing machines and notions to cover all your needs. Quilting experts and personalities on hand. Excellent facilities, resources etc.



HAMPTON COURT FLOWER SHOW

Thursday 10th July £49.00

The grounds of the magnificent Hampton Court Palace, alongside the River Thames is the setting for the annual K.H.S Hampton Court Flower Show. Leaving our area early we will arrive about 10am giving you the whole day to enjoy this fantastic show. Show gardens, numerous restaurants including rose & floristry, food, amazing nursery displays, fruit & veg, exhibitors and trade stalls and plenty of opportunity to buy and bring home your own little part of the flower show.



GREAT DORSET STEAM FAIR

Saturday 30th August £40.00

This spectacle covers an enormous showground and is now in its 46th year. You will be amazed at the variety of exhibitions, the sea of marquee and the many attractions. The show has something for everyone, no matter your interests, whether it be steam, heavy horses, vintage and classic vehicles, rural and static displays or just friends and more than come and enjoy a visit to what is described as the most remarkable show on earth.



THE 2014 BIRMINGHAM INTERNATIONAL TATTOO

Sunday 30th November 2014 £52.00

For 26 years the Birmingham International Tattoo has thrilled audiences with world class performers joining local groups to create a three-hour spectacle. All the traditional elements of the Tattoo are present again this year - from the Mace'd Bands, Parade of Standards to the Spectacular Great Finale - plus much, much more. Come and experience the pomp and pageantry that is the Birmingham International Tattoo. Tickets are for the Day performance and there will be time beforehand to visit the Festival Village on site.

**NEW BROCHURE OUT SOON — CALL NOW FOR YOUR COPY
WESTRINGS TRAVEL 01243 672411/01243 380053**

Man assaulted in pub in Chichester

POLICE are appealing for witnesses after a man was assaulted at a pub in Chichester.

The 30-year-old was attacked at The Vostroya South Street at about 10pm on Saturday 8 January.

He was taken to St Richard Hospital in Chichester suffering from a cut cheek, bruising and a suspected broken nose.

PC Gerwyn Kempster said: "The attacker was white, 4ft and had dark hair. He was wearing a grey top, possibly a hoodie.

"I'm keen to speak to anyone who was in The Vostroya on the night of the attack and saw what happened or the moments beforehand.

Please contact us if you recognise the man as the CCTV or know where he could be."

Anyone with information should call on quoting serial 015 of 91/1, email chichester@pcn.police.uk or call the independent charity Crimestoppers anonymously on 0800 555 111.



Man who assaulted victim

More motorists charged with offences as part of Christmas drink-drive campaign

ANOTHER eight motorists have been charged with drink-driving offences as part of Sussex Police's Christmas campaign.

Each was arrested during December and released on bail but they were charged when they returned

to police stations.

A total of 911 people have now been charged with offences as part of the Christmas campaign, six drivers are still on bail.

You can help officers to figure out the details of people you suspect of

drink or drug driving, along with their car make and registration number.

To report anyone driving dangerously visit www.crimestoppers.co.uk.

If you know someone is driving after drinking or taking drugs call 999.

Hit and run near Chichester

POLICE are appealing to witnesses to a hit and run collision near Chichester last week.

Emergency services were called to the scene between the Wiche and Haverhill roundabout at around 11pm on Thursday (February 6). A blue Vauxhall Astra was travelling southbound when it was struck by a silver coloured van travelling northbound. The van did not stop.

The 40-year-old woman from Bognor who was driving the Astra

suffered whiplash. Her 30-year-old female passenger was unharmed.

PC Matthew Wilkins said: "Due to the loss of the van, there would have been many other people around who may have been witness to the incident and may be able to provide important information relating to the offending vehicle.

"Anyone who saw what happened is asked to contact police on 101 or email chichester@pcn.police.uk or call Crimestoppers on 0800 555 111."

Dog injured in Bognor High Street incident

A DOG was injured in Bognor High Street, outside the Indulgent store, at around 10pm on Friday 7 February.

There was an argument between a man and a woman. In the course of this a dog which was with them was allegedly kicked and swung by its lead.

A 15-year-old local man was later

arrested on suspicion of causing unnecessary suffering to a dog, and was released on police bail until a March while awaiting trial.

The dog was taken to a nearby vets for treatment from which it is now recovering.

Anyone who saw the incident is asked to contact Sussex Police on 101 or email chichester@pcn.police.uk.

A 10-12 YEAR OLD Terrier-type dog has been charged with causing death by dangerous driving after a fatal road traffic collision on the A1011 at Haldenham last September.

The terrier is also charged with causing serious injury by dangerous driving.

GRANARY ANIMAL FEEDS

Russell's

TEL 01243512525
WWW.RUSSELLSGARDENCENTRE.COM

HORSE FEED AND SUPPLEMENTS

SADDLERY

HAY AND STRAW

DOG AND CAT FOOD

POULTRY AND WILD BIRD FEEDS

OPEN 7 DAYS A WEEK
BROTHAM - FIND US ON THE ROAD TO WEST WITTINGBY BRIDGE

WILD BIRD FOOD 20KG ONLY £9.99

POULTRY PELLETS 20KG ONLY £7.99

RABBIT FOOD 20KG ONLY £7.99

JAMES WOLFELOWED DOG FOOD 15KG ONLY £39.99

DUTCH CHAMBERS LARGE BALE PRIME ONLY £6.99

SPELLERS • SARACEN • DENGIE • DODSON AND HORRELL • ALLEN AND PAGE • GLOBAL HERBS • EDUUS

University backs government plans to train more Early Years Teachers

LECTURERS from the University of Chichester are backing plans by the government to increase the number of Early Years Teachers in England.

It follows the launch of a new scheme by the Department for Education which aims to expose students to nurseries and pre-schools by helping people develop professional skills while working with young children.

The measure will also boost the number of institutions providing the accreditation, known as the Early Years Teaching Status, to nurseries in.

The University of Chichester, which is now a successful provider of delivering the programme, will offer funded places for training from September.

Naila Ferehidi, programme coordinator at the institution, said that Early Years Teachers make a real difference to young children and families.

She added: "The status allows teachers to understand how children learn and develop, and the growing pathways include time at university as well as practice placements."

"Teachers will develop the skills to support children from their earliest years through school."

The accreditation, which was introduced in 2007 as Early Years Professional Status before a recent name change, aims to transform education and care for young children.

Although it is not a qualification, EYTS is equivalent to the Qualified Teacher Status required to work in primary and secondary schools, and is aimed at those working in private, voluntary or independent sectors.

It was introduced at the University of Chichester last year, and students can complete the programme through different routes: a full-time one-year course, part-time while working at an early years centre, or one-based with an honours degree in Childhood Studies.

Professor Alan of the Childhood, Social Work, and Social Care at the University, said ensuring the quality of early years' experience is directly related to better outcomes for children.



She added: "The Early Years Teacher Status is a validation of professional expertise that gives recognition to those who have demonstrated that they meet the comprehensive set of Teacher Standards."

She also a number of different pathways for students at the University and involvement is open throughout the year.

To find out more about the new Early Years Teaching Status programme, which begins September, visit www.earlyyears.gov.uk

Oakwood pupils see red



PUPILS at Oakwood School in Chichester were supporting the British Street Foundation's 'Keep Up The Red' campaign this week by donating £10 in exchange for items of clothing with something red. Some two pupils spent red hair bands, red tea, red socks and even red bands in aid of the charity.

Coastal West Sussex Friends in Mind

Events for people with an early stage dementia

A planned programme of 6 events, and stimulating regular events, recognising the needs of those people living with an early/mild dementia stage, designed to help them feel at ease with the way they are coping. Costs are welcome.

February 2014 programme

Thursday 20 February – Evening theatre trip
By coach to the Kings Theatre, Southsea to see *Beyond the Barbed Wire*. Enjoy a selection of hit songs from the musicals *Miss Saigon*, *The Lion King*, *Phantom of the Opera*, *West Side Story* and *The Jersey Boys*, featuring past principal performers of *Les Misérables*. £6.50 per person. Early booking advisable.

Friday 28 February 3.30pm – Sing with PAM
St Peter's Church Hall, Torquay, Chichester (opposite the Newell Centre)
Join us for a singing session led by Cherie. After a break for tea and talk, he will play and sing songs for us. £5.00 per person.

For further details, or if you would like to attend, please email on 07507 304952, or email ourinfo@coastalwestsussexfriendsinmind.org

An initiative of The Chichester and Torquay Dementia Care Team, supported by the Inshore Chichester Partnership, Coastal West Sussex Mind, Coast Support West Sussex, Alzheimer's Society, and the people of West Sussex.

New Midhurst Library is nearing completion

THE MIDHURST Library for Midhurst is now only a few weeks away from opening. The existing library in Roundabout Lane is due to close in the middle of March.

During the closure, books and equipment will be transferred, and staff training will take place. The library will re-open two weeks later as part of the new Sussex Community and Leisure Centre currently being built, and will be available during the Centre opening hours. The library will have extended self-service opening, supported by District Council staff when library staff are not on duty.

The timetable for events is expected to be:

- Completion of the new library and lower centre by February 25
- Closure of existing library on March 5
- Library to open in the Sussex Community and Leisure Centre on March 10

The Community and Leisure Centre will be run by Chichester District Council. It is part of the market hall from the existing library, and has an adjacent car park. The current library, which has no parking nearby, has now

been regarded as an asset of community value. Documents about the future of the building are being plans with the Torquay Council and local community groups.

"It is going to be a brand new library, with a considerable amount of new books and equipment," said Janet Ransom, County Council Cabinet Member responsible for the library service.

"It is an exciting project which has been planned for five years. I have performed with Chichester District Council to launch part of a very well equipped community and leisure centre. Midhurst customers will be able to borrow extra items to take them over during the two-week closure, and we have will be broad."

- In addition to a library the new Sussex Community and Leisure Centre includes a cafe
- a four court sports hall to meet sport England standards
- fitness suite, with latest fitness



- two squash courts and a squash warming area
 - a dance studio with mirrors that will also be used for fitness and community activities
 - male and female changing facilities located in two areas of the centre
 - a multi purpose community hall, which can accommodate a further two basketball courts
 - community rooms
 - a health suite
 - a cafe and cafe/water/snack area
 - a registration office
- The Sussex Community and Leisure Centre will be open from Monday-Friday 9am until 5pm, Saturday 9am until 3pm, and Sunday from 10am until 3pm.



Get back to doing
what you love

Joint Injury Information Evening, with Mr Billy Jowett and Mr Andy Cossey, Consultant Orthopaedic Surgeons. Come along to Chichester Rugby Club for a free talk and have all your questions answered.

When: Tuesday 25th February 2014

Time: 19:00

Where: Chichester Rugby Club, Oaklands Park, Wellington Road, Chichester, West Sussex PO19 6BB

To book call **01243 887578**
or email **chichester.enquires@nuffieldhealth.com**

 **Nuffield Health**
Hospitals
Get the Nuffield Treatment

Chichester MP faces questions from primary pupils



CHICHESTER MP Andrew Turner makes a visit to Fendrit Primary School last week to talk with pupils.

Andrew joined the morning assembly where pupils sang Christmas carols.

He then participated in a Q&A and Answer session and was asked about a number of issues.

These included his work as an MP and many questions about Britain, Mandela, the former President of South Africa, who had died the night before.

Aldingbourne Trust receive generous donation



Improved information for Harbour visitors

VISITORS to Chichester Harbour this year, whether by land or water, will find themselves well provided with improved information.

New "visitor information panels" are being put up at key launch sites around the harbour. As well as a useful harbour map, the panels feature key regulations people should be aware of before going afloat. In addition those visiting by land are reminded how to look after the landscape and wildlife. QR and NFC links give quick access to a mobile version of the Conservancy website.

Sue Greney, Director of Chichester Harbour Conservancy

said: "These bright panels are replacing our rather dusty old byelaws boards. The panels will present key messages to visitors and a website link will access to the byelaws, tide tables and Local Nature to visitors. We hope the panels will help us to communicate with our many visitors and harbour users - and that information is easily accessible everyone."

The first set of panels has gone up at West Viewpoint, Biddeston and Dell Quay. A further set will be installed during 2014. The panels have been generously supported by The Friends of Chichester Harbour.

THE ALDINGBOURNE TRUST has received a generous donation of £10,000 from the West Sussex Growers' Association. Graham Bryant, Association Chairman, and John Hall, Committee and past Chair, visited the Aldingbourne Country Centre near Pooleville, to present the cheque to the Trust. The money was raised at the Association's annual Autumn Dinner and donated to the Aldingbourne Trust as their successful charity.

The West Sussex Growers' Association, a specialist horticultural branch of the National Farmers' Union, represents the interests of the industry and members to government and the wider community. The Association is active on a wide range of issues affecting the horticultural industry including planning, water, pest and diseases. They welcome local businesses and individuals from the horticultural industry who wish to discuss common interests.

The Aldingbourne Trust is a local charity that supports adults with learning disabilities, and at the Aldingbourne Country Centre

the charity had its beginnings by establishing horticulture training 20 years ago for adults with disabilities. The horticulture project remains a strong presence within the charity and plants, shrubs, trees, compost and pots can be bought from the Country Centre. The Trust has enjoyed a long relationship with the West Sussex Growers' Association, a Trust spokesman commented: "We are very fortunate to have this long term partnership with the Association, they have been very generous with their donations and support. On behalf of the Aldingbourne Trust I thank them for collecting the money for us at their annual dinner."

The money, along with other donations made to the Trust, will go towards developing the Aldingbourne Country Centre and ensuring the charity can continue well sustainable and support adults with learning disabilities to live independently. To find out more about the Aldingbourne Trust please visit their website www.aldingbournetrust.co.uk and to find out more about the West Sussex Growers' Association their website www.wsga.co.uk.



WEDDING FAYRE Portsmouth Guildhall Sunday 16th February 2014



Bridal Fashion shows at 12 noon & 2.00pm

featuring Bridal Gowns from Creatiques, Southsea and Grooms Wear by Charles Gale Tailoring
Choreography by Manic Stage Productions.

Cars • Photography • Cakes • Florists
and so much more...

Open from 10.30 am - 3.30 pm



Visit Our Website
www.porweddingfayres.co.uk

Prod. 07516 911 310
Kavan. 07750 638 242
Office. 01329 327 487



WEDDING FAYRES LTD
Portsmouth, Hampshire

Find Us On Facebook:
www.facebook.com/porweddingfayres
Email: info@porweddingfayres.co.uk
Cotton Hill, Coney Hill
Portsmouth, Hampshire PO1 1 8 18



DO YOU KNOW ABOUT THE DISAPPEARING OVEN DOOR?

COME AND EXPERIENCE THE UNIQUE SLIDE & HIDE®
OVENS AT YOUR LOCAL NEFF DEALER.

This is where you can see the very best of Neff, beautifully and clearly displayed. With Neff experts on hand to take you through all the innovative new features, answer your questions and explain how things work when you are looking to update your Neff appliances.



Station Yard, Bognor Regis,
West Sussex PO21 1BT
01243 863100
www.covers.biz

Quarry Lane, Chichester,
West Sussex PO19 8PE
01243 785141
www.covers.biz



Children enjoy aerobathon



THURSDAY 19TH January was a busy day for Great Balliol School, Garsketh, as their open morning coincided with a fundraising event. Whilst the Year 6 pupils were enjoying a Forest School activity in the school's own woodland, the rest of the school were participating in a 'aerobathon' (aerobathon) all in aid of the NSPCC.

All the prospective parents were housed around the school by the senior pupils, they were shown into the dance studio by the sounds of very loud music and the construction of the construction, instead of Learning Support, like Howard, and Head of Girls Sport, Miss Haddock.

The aerobathon started at 10am with the nursery children and each class had a 30 minute workout, alternating with the Year 6 children at 11am. It was a wonderful effort by the whole school to do a continuous three hour physical activity and most of the teachers even joined in!

It was a very successful morning enjoyed by the pupils and teachers, but the prospective parents were delighted to have a chance to see and hear the aerobathon, and also be comforted by a nice, warm fire at the Forest School base at the end of their tour.

On Friday 20th January the school had a visit from the Garsketh Me Project and the children were able to enjoy an excellent breakfast of delicious scones, tarts and cakes. It was an enlightening day for all and Mary the gardeners, emerged as the star of the show, but Great Balliol School wish to be the very best of both worlds has brought to reach the Forest School in the aid of a chosen cause.

Everyone at the school is looking forward to half term, but not before the Valentine's dinner take place on the afternoon of 14 February, brilliantly organised as always by the Friends of Great Balliol School.

Photo of the week

#Chesterphoto



Three Rivers Writers (@ThreeRiversWriters) · Feb 13 2020
A beautiful scene of two boats. Check out @ThreeRiversWriters @ChesterHeritage

Win a meal for 2 at Murrays

M
Murrays



Chester's leading partnership with Murrays is a fantastic meal for two people - over £100! The Chester Herald will be holding a competition sponsored by Murrays. To win, simply enter your best photo of the Murrays building. For your chance to win this amazing competition, please answer the following photo question:

Can you guess where this picture was taken within the Chester area?

For your chance to win this amazing competition, please email your answer to: enquiries@thecheherald.co.uk

North Street, Chester West Sussex PO19 1NH
Tel: +44 (0)1243 778000 Email: enquiries@thecheherald.co.uk

End of story on Thursday 19 February 2020 ending this competition at the day when it ends with a 3 minute deadline for the last day of the story. There is no such deadline as the story will be announced by Thursday 19 February 2020. The last day of the story will be announced by Thursday 19 February 2020.

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

UP TO 45% off
WINDOWS

DOORS FROM **£599**
Including VAT & Fitting!

Aluminium & PVCu
Bi-fold Doors

Huge Savings on
Conservatories
& Orangeries

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk



BRITANNIA
CONSERVATORIES
WINDOWS • DOORS

National News

FOLLOW US ON TWITTER

@chichester



News in Brief UK storms: Met Office issues 'Red Warning' for wind

• A series of storm fronts have blown across a link between residential blocks east to west across several offices in Kent and Sussex.

The packages were discovered by staff at St Mary's Centre, Reading, and South Road in Chichester, on Tuesday. Police said the packages appeared similar and were being frequently opened after being made safe by bomb disposal experts.

• Militants are people should be put on cholesterol-lowering drugs to protect them against heart attacks and strokes, according to draft guidelines for the NHS in England.

The National Institute for Health and Care Excellence (NICE) says decisions for allowing that treatment should be weighed up case by case.

Deaths from heart disease are down in recent years, but cardiovascular diseases remain the leading UK killer. It causes about 250,000 lives a year.

• Lack of England governor Mark Darwin has confirmed the UK's environmental policy to better taking management and the economic recovery.

He said the UK's forward-looking policy "is working" and has helped towards growth. The UK's new policy will now be determined not just by management, but by a wider range of indicators.

It is Mr Darwin's view that the recovery was not secure and that when necessary, they would do so only "gradually".

• The UK's of Richard II is to be adapted, potentially revealing about his life and age, according to a new book.

The project will be led by the University of Lancaster professor who helped identify the remains.

The remains were found in a Leicester car park in 2012. The discovery itself, expected to last at least 100 years, was to be made in an archive of Richard III's DNA information for historians, scientists and the public.

MBOS of open attempts are expected to laster west Wales and south west England, with the Met Office issuing a 'red warning' of the water.

The warning issued for Wednesday and Thursday says that there was a 'risk to life' and that people should 'avoid dangerous areas' with widespread damage expected.

Storms across flood warnings remain for Sussex, Surrey and Somerset.

Meanwhile, David Cameron has opened his pledge that 'anyone in an airport in the next eight'.

He also announced money would be available for business and businesses repairing flood-damaged property to build to new standards and small businesses affected by flooding would get cash relief from business rates.

Wales has followed themselves to Chichester in Sussex.

The Met Office said: "Winds of this strength can cause widespread structural damage, snapping down trees and also leading to loss of power supply."



That Wales and south west England are the most likely to hit by high-speed winds, the Met Office has said.

In addition, big waves are likely to affect some coasts. The public should take action to stop their loved arrangements during these difficult stormy hours.

BBC forecasters David Bell said the North Channel and weather warnings were very close. "We

usually get one or two per cent. It's the highest level of alert. It's very serious, it's life threatening and it means people should take action now. It does not get any worse than this," he says.

The situation on Wednesday and Thursday was that some homes are without power in south and west Wales there are still major disruptions for several air services, with severe delays between London

and London due to flooding near Manchester. BBC forecasters say a month's worth of rainfall is expected to fall in parts of southern England over the next few days. The Environment Agency warns more homes will be flooded as rivers in Northumbria and Manchester continue rising. "While going to sleep have brought down electric power cables and trees, blocking roads in Devon and Cornwall."

Ketamine to become Class B drug, say ministers



THERE is now evidence that ketamine can cause serious bladder damage.

Ketamine, the home tranquilliser used as party drug, is to be upgraded into Class B banned substances. Clinical Prevention Minister Norman Baker said he hoped to send a message that the drug was harmful.

Ketamine will be reclassified from Class C to B as the use of increasing evidence over its physical and psychological dangers.

Evidence has emerged of users as young as 16 having their bladders removed due to heavy consumption of the drug.

Reclassification will mean the maximum penalty for unlawful possession of ketamine will increase from five to ten years in jail, while the maximum penalty for supplying or producing it will increase to 14 years in prison.

But speaking at a drug treatment centre in west London, Mr Baker said: "I'm not sure it's the very thing that the present system is a perfect one for drug control."

"What I do think is in the short term there's a message that needs to be sent on ketamine. In terms of what's going on in our 16 years time, in terms of the optimum method of managing drug use then I'm not sure."

"It certainly after all hasn't stopped drug use by classification. But what it does do is send a message to those who are interested."

"You have to assess some drug users actually are about their bodies, therefore saying to them that it is more dangerous than that, what they will take into account and what they'll actually do."

The announcement that it would be upgraded came after the Advisory Council on the Misuse of Drugs, the government's advisory body, had new evidence had shown frequent ketamine use could cause 'severe and disabling' bladder damage.

Housing benefit changes 'unworkable'

THE EQUIVALENT of 10,000 housing association tenants in England were at risk of eviction because of the policy, the National Housing Federation said.

Two thirds of housing association tenants affected by benefit cuts for those with extra bedrooms were told with rent after six months, a National Housing Federation survey says.

And it said the 'unworkable' policy changes, dubbed the 'bedroom tax' by critics.

Research firm Ipsos-Mori surveyed 500 housing association tenants in England.

The government said it was 'determined to support those who might need extra help through these necessary reforms'.

Since last April, people do not have to have one spare bedroom have had their housing benefit reduced by 14%, while those with two or more spare bedrooms have seen reductions of 25%.

The government argued the measure would help control the billion spent on housing benefit and free large properties for those who needed them the most.

If you think a FreeStyle kitchen is out of your budget... think again!

NEW YEAR OFFERS

Freestyle Kitchens

freestyle kitchens, Bognor Regis, Chichester PO19 8NS 01243 776000

Broadwater Green, Worthing BN14 9BY 01903 215550

We are open Mon - Sat 9am - 5pm (appointments by appointment) Email: chichester@freestylekitchens.co.uk www.freestylekitchens.co.uk

Also specialising in quality bedrooms
FREESTYLE BEDROOMS



Chichester Business

FOLLOW US ON TWITTER

@chichherald



Chichester College collect prestigious award

STAFF AND STUDENTS were celebrating this week as Chichester College was awarded the prestigious Association of Colleges (AoC) Sector Award for Staff Development Partner Education. The College was presented with the award, sponsored by City & Guilds, by Lord Willis, President of the AoC Charitable Trust, at the AoC Sector Awards National Proceedings Ceremony at the Barbican of Civil Engineering in London on Wednesday February 13.

The College was also congratulated by Minister Hancock, Minister for Skills and Enterprise, who was present at the ceremony.

Chichester College wins the award for the way it has embedded an excellent, long-term development process to support the high quality development of teaching and learning. The College did this by creating an expert observation team connected to the development of excellent teaching, learning and assessment.

The staff members who trained in 'Success to Observe' are recognised both within the College and as the local press. The approach has enabled more robust, reliable and evidence-based decisions about the quality of teaching and learning, which has had a positive impact on learners.

Wade Stone, Chichester College staff, said the opportunity to share the other winning projects, and hear the proud announcements of the Staff Development award through a series of displays.

In Parliament, they were welcomed by Dame Pat Scow, Chair of the AoC Sector Awards, in the Telford Theatre, she said: "The winning entries this year are all further examples of the ways in which colleges are demonstrating how thoroughly they understand and respond to the needs of their learners, underpinning excellence and progress."

Professional Development Manager for Chichester College Sheila Thorpe said: "The



Lord Willis, President of the AoC Charitable Trust, presenting the award to Sheila Thorpe - Professional Development Manager of Chichester College. Sally Chatter-Henning - Assistant Principal (of Quality) of Chichester College, Andrew Green - Deputy Principal of Chichester College, Benji Lupton - Principal of Chichester College, Michelle Hancock, Minister for Skills and Enterprise with the winning College team, Gary Nixon - Minister for Teacher Education and Mark Year - Deputy Head of Learning for Engineering and Motor Vehicle.

atmosphere was full of pride and celebration. Chichester College is truly honoured to be presented with the best award that can be offered nationally for staff development."

Chichester College celebrated

the Staff Development Sector award at the Annual General Meeting last month with local dignitaries and prominent members of the Chichester area attending.

Chichester College are now in

the process of sharing their expert knowledge with others by holding a conference at the College on March 9. The College will also be making history with plans to turn the 'Success to Observe' project into an accredited course.

RECRUITING NOW

COME JOIN OUR GROWING TEAM

We're currently looking for 3 more people, to join our already highly successful team, income ranges from £200 to £3000/pm part time. We're looking for, mums & dads, teachers/trainers, carers, health care professionals or hard working professionals who want to earn extra income around their family & work commitments, from the edge of the kitchen table. You must be a team player, have great people skills and are eager to learn!

For more info or an informal chat call
Lucy 01243 641177



RECRUITING NOW

Retailers £200-£400 a month

Team Builders £1000-£3000 a month

Investor in People Champions

Learn from the comfort of your home online or at our free local trainings

Call Lucy 07906 058062 / 01243 641177

Arts & Entertainment

Reviews *New showing of *Goodbye, Charles**

FOLLOW US ON TWITTER

@chichesterhd



A true heroes of the fight against AIDS

Dallas Buyers Club (R)

Running time: 117 minutes
Director: Jean Marc Vallée
Starring: Matthew
McConaughey, Jared Leto,
Jennifer Garner



Superbly directed, sharply written and featuring an Oscar worthy performance from Matthew McConaughey, this is an inspiring and powerfully emotional drama that would make an excellent double bill with recent AIDS doc *How To Survive A Plague*.

What's it all about?

Directed by Jean Marc Vallée, *Dallas Buyers Club* is based on a true story and stars Matthew McConaughey as Ron Woodroof, a hustling drug addict who's diagnosed with AIDS in 1985. Dallas is told he only has weeks to live. Refusing to accept his



lots, Ron gets hold of some government-approved AZT, but a proven method and antibody action has not been shown, so he heads down to Mexico and discovers a wealth of helpful medicines that the Food and Drug Administration (FDA) refuses to approve.

Informed by the government's apparent inaction on the new medicines, Ron begins importing the drugs himself and distributing them

to those in need, forming a members' club (the titular Dallas Buyers Club) in order to get around the law, with members paying for membership, rather than the drugs themselves. Along the way he gets help from his transgender assistant Rayon (Jared Leto), while his supervisor Doctor Eric (Jennifer Garner) tries a hard eye, though he quickly notices the effects of illegal FDA lawyer Ruskay (Michael O'Hall)

The Good

Since 2004 *The Lincoln Lawyer*, Matthew McConaughey has been on an extraordinary winning streak, landing it out of the park time and again with wonderful performance after wonderful performance, so much so, he's on a typically brilliant firm here in Woodroof and is highly likely to win Best Actor come Oscar time. He's also a shocking amount of weight for the role, which always goes down well with the *Audience*. To be fair, he was would be well deserved, as Woodroof is a complex and not altogether likable character, yet you can't fail to respond to his tenacity, his incredible spirit and his capacity for self-reinvention.

The supporting cast are equally good, particularly Jared Leto. *Golden Globe* nominated, also likely to win as Rayon, whose own struggle provides a powerful emotional counterpoint to Woodroof's. There's also strong

work from Jennifer Garner as well as a likable cameo from Griffin Dunne as Dr Van, Woodroof's contact in Mexico.

The Great

The script is superb, providing genuine insight at the government's situation at the time (see further detail, see the excellent AIDS fight documentary *How To Survive A Plague*) and telling a truly inspirational story while never resorting to edgy melodrama. Similarly, Vallée gets the tone of the film exactly right throughout, aided by Jean McConaughey's well-laden cinematography and some impressively detailed (yet understated) props work.

Worth seeing?

Dallas Buyers Club is a genuinely emotional, intricately told and superbly Oscar nominated drama that tells the gripping story of one of the true heroes of the fight against AIDS. Highly recommended.

Valentine's night special



CHICHESTERHERALD columnist and columnist Denise Kelly and her friend and party organiser, Sophie Robson are planning a Valentine's Cocktail Party on Friday 19 February (8pm-10pm) at Le Normes Bar, 3 Little London, Chichester.

All proceeds are going towards Editor Dawn Adams and Denise's London marathon. fundraising which they are running in aid of *Save the Children* and *VERBO* (see April issue has already completed the marathon in 2014 and will accompany Denise on her first ever marathon run for April 2016, Denise explains "The London Marathon has always been on my list of things to do and I was very nervous, but excited at the same time. I walked out in Lillieshall with the daisy from the children's

and it's very close to my heart. Rather than just asking people for money, we thought we would throw a party to collect and raise money at the same time. I think we are going to have lots of fun in the process."

You will be served pink bubbles on arrival, with canapés served all evening. The evening includes live music, games and raffles and promises to be a fun and romantic evening for couples, groups or singles.

Come along and share the fundraising fun. Tickets are only five each and selling out fast. Contact Denise on 01243 619416 or Sophie on 01243 619416 or email denise@lillieshall.co.uk

All donations are gratefully welcomed to www.givingwith.com/denise-kelly

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q True or False **Matthew McConaughey** was for some time strongly considered to play 'Jack Dawson' in *Titanic* (1997), until **Leonardo DiCaprio** decided to accept the part.

A. TRUE
B. FALSE



Send your answer and include your full name, address and a contact phone number to competition@chichesterherald.co.uk. One lucky winner will be selected at random. Closing time is Sunday 19th February 2016 at 12 noon. The winner will be notified on the day. Last working answer was Kathryn Galloway from Benham Chichester Herald competition team and conditions apply.



CineWorld Chichester
Chichester Gate Chichester PO19 2EL
01243 202 2000

What's On in your local area...

You are invited to a night of fun and fundraising at a **Charity Valentine's cocktail Party** on Friday 14th February 8.00pm-1.00am at La Havana Bar, Little London, Chichester. The dress code will be 'Gorgeous and Red' and a raffle of 'Save the Children' and the NSPCC. You will be served a nibbly snack on arrival with canapés provided throughout the evening and includes live music, raffle and more.

Price per ticket is £20.00. Tickets will be sold as a first come first serve basis and this is a charity event full payment will be required prior to the event to secure your place.

Event: Charity Valentine's Cocktail Party

Venue: La Havana Bar 3 Little London, Town Centre, Chichester PO18 1PH (01243 771771) **Date:** Friday 14 February 2014 8pm-1am

Dress code: 'Gorgeous and Red' To book your tickets call Denise or Kelly on 01243 526646 or 07736 471436. Sophie Robins 01243 774619 or 07919 119466

• **Christmas Hair in Chichester** are putting on an event for **Charity The Hearts and Diamonds Black Tie Ball** starting at 7.30 in Roseland Castle Golf Club on the 15 February tickets are £60 with dinner entertainment, dancing the chance to win some amazing prizes at the raffle and silent auction. prices for tickets are on sale now at Chichester or call Denise on 07926212595

• **Concordia** is a social club with 40 years of friendship and camaraderie for a night people like to a dining club but any members who form friendships or many other members.

It is every Tuesday at the Walnut Tree, Buncton and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can ask their concordiaconcordia@bt.com or phone 01243 376030 or 01243 484115

• **CHIC SOUTHERN RECORDS** (11

Chichester Records Music Club) want all who would like to sing/ play the piano/ dance or mix and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have plans of singing, guitar, but we are not judgemental. We meet every second and fourth Thursday in the little village of the Golden Mile, Golden Lane, Chichester PO18 2BP. More details from Andrew: andrew@cmplaza.com or 01243-775281

• **Chichester First Society** new programme of workshops for early 2014 offers great opportunities to local artists. There is a mix of the popular 1 figure & Face Workshops on Tuesday 1.30-4.30pm starting January 1 for 12 weeks to March 20th. Portrait and Life Study alternate running with Portrait Study. You can work alongside local artist Lucy Coulson who will be running up the group and offering an overview of work during the sessions. (Non-members £11 per session or £12 if there are



more booked. Limited to 20 but ensures about 10 can be made up to 10am on the day by contacting the Secretary (see below). The Society's full programme of meetings and workshops for 2014 is on the website: www.chf-society.org. All workshops are at Royal Napier Centre, Tannery Way, PO18 1ST. Chichester PO18 1TG. Booking and any queries. There are no refreshments but eat materials. Further details from the Secretary on 01243 603360 or email: gary.comple@bt.com or text message 07911 654616

• **Monthly meetings** aimed at people of White race in English 4 levels of White welcome meetings in members houses. Contact Geoffrey on 07961 111 256 or graham@400000.com

It is a social club for a night of fun and fundraising at a Charity Valentine's cocktail Party on Friday 14th February 8.00pm-1.00am at La Havana Bar, Little London, Chichester. The dress code will be 'Gorgeous and Red' and it is a night of 'Save the Children' and the NSPCC. Local Chichester Herald colleagues Denise Kelly and Owen Adams are running the London Franchise in April 2014 with ALL the money raised going to these two amazing charities. You will be served nibbly snacks on arrival with canapés provided throughout the evening and includes live music, raffle and more.

Charity Valentine's Cocktail Party

You are invited to a night of fun and fundraising at a **Charity Valentine's cocktail Party** on Friday 14th February 8.00pm-1.00am at La Havana Bar, Little London, Chichester.

The dress code will be 'Gorgeous and Red' and it is a night of 'Save the Children' and the NSPCC. Local Chichester Herald colleagues Denise Kelly and Owen Adams are running the London Franchise in April 2014 with ALL the money raised going to these two amazing charities.

You will be served nibbly snacks on arrival with canapés provided throughout the evening and includes live music, raffle and more.

Price per ticket is £20.00. Tickets will be sold on a first come first serve basis and as this is a charity event full payment will be required prior to the event to secure your place.

Venue: La Havana Bar, 3 Little London, Town Centre, Chichester PO18 1PH (01243 771771) **Date:** Friday 14 February 2014, 8pm-1am **Dress code:** 'Gorgeous and Red'

TO BOOK YOUR TICKETS CALL: Denise Kelly on 01243 526646 or 07736 471436; Sophie Robins 01243 774616 or 07919 119466

Food & Drink

FOLLOW US ON TWITTER
@chichesterhd 

Great food at reasonable prices

Thoughtfully prepared dishes made with fresh, local produce at the Chichester Park Hotel



WHILEST the Chichester Park Hotel is on the map locally for its accommodation and spa, its restaurant has also now become recognised for its quality and service. Open to both residents and non-residents alike, the set menu offers three delicious courses for under £10. There is also an option to choose just one or two courses from the varied menu which can be enjoyed in the restaurant or bar area.

We sampled the five and perfectly cooked Cogan duck

steak. A generous portion of succulent mini chicken fillets served with a rich and moist prime ribsteak, carrot, potato, and onion and ripe cheddar of buns. The Cogan option adds a warm look to the perfect order to my taste.

For the main course we tried the lamb beef medallions, a trio of tender beef steaks cooked to order, served on a bed of creamy mashed potato with cheese and a light red wine jus, served with seasonal vegetables, the

dish was perfect not only for its presentation, but also for its taste and texture. The beef is so tender that it barely needs a knife to be cut and the lightly seared onion adds much complexity to the delicate flavour of the meat well. To accompany we requested a glass of the house red Chichester Estate Pinot, or a glass of the post also, from the bar.

To finish we enjoyed the home-made chocolate and Cogan chocolate. Really and light in texture with a crisp butter base, the chocolate is served with a freshly made raspberry coulis and locally sourced ice cream with superlative garnish.

The hotel prides themselves on sourcing fresh and local ingredients which are cooked to order. It is hard to believe that given the quality and price of the food available that it has not yet been formally recognised for its delicious food and great service but this will no doubt follow as more and more locals discover what the hotel has to offer.

As well as their delicious food



the hotel also has function rooms, a luxury spa and accommodation.

To sample their tempting menu for yourself, contact the Chichester Park Hotel today on 01243 879000.

Chichester Park Hotel, Medway, Ex, Chichester, West Sussex PO19 9JL
www.chichesterparkhotel.co.uk

Food and Restaurant Review

Perfect and satisfying service. Friendly and attentive staff. Value for money. The 3 course set menu offers superb value for money. Ambiance. Warm and welcoming with a relaxed atmosphere.

I made the Marmalade! Puddington's favourite is back

Sales of Seville oranges are up 24% year on year at Waitrose, as the annual marmalade making season gains full momentum.

IN ADDITION to strong sales of the citrus fruit, the Waitrose Cookery School's 'Seville Marmalade and Cherry' course in February has sold out, proving that people are keen to brush up on their preserving skills.

Seville oranges, which are too bitter to eat raw, are the perfect fruit to make marmalade. They are in season from December to February, when they are at their most flavoursome. Seville oranges have a particularly high pectin content which helps the marmalade to set, so even

amateur preserve makers can enjoy making Puddington's favourite spread.

Tim Brown, Waitrose citrus buyer says: 'Making marmalade is the true luxury - a comforting and relaxing hobby for people to enjoy in the winter months. I think Seville oranges make the best marmalade, with a gingery aroma and bitterness you don't get with normal oranges. Marmalade is so easy to make, and shoppers are increasing the quantity of the Seville orange size, while they're at the bar.'

Waitrose Seville oranges are organically grown on the family-run San Maria farm less than 10 miles outside Seville. This year Waitrose is encouraging shoppers to make marmalade by including a marmalade recipe on the box of pre-packed Seville Oranges.

Marmalade is a British tradition, with records of its existence going back to the 1700s. Well-known brand include Victoria Birkham, Waitrose Chichester and Puddington's, the latter who feature in a new BBC series later this year, starring Heidi Pitlor and Colin Firth.





Spire

Portsmouth Hospital

We go beyond treating patients

for us it's about looking after people



This month is National Heart Month, raising awareness of the importance of keeping your heart healthy.

At Spire Portsmouth Hospital we have Cardiology Consultants who are able to provide tests, diagnose and treat common heart conditions.

To find out more, please call 02392 456172
or email info@spireportsmouth.com
www.spireportsmouth.com

Get better sooner

Just make a one off payment or use your insurance



Kissing is all you need

[illegible]

Whether you're smooching a baby or kissing your partner, looking like you're in a hurry and looking like you're in a hurry is a bad look. When we kiss, both men and women produce the hormone oxytocin. It's often called the "love hormone" because it causes us to feel particularly bonded to each other. The fact is, we have the most we love and love the most we love.

Denise
Kellie

—42—

Figure 10

It may sound counterintuitive, but sweating isn't a great way to lose off excess, especially if all that losing leads to further intensity. It is a surprising fact that losing leads to higher levels of the collection fighting antibodies. So if you want to make it through cold season unscathed, it

The blessing was released

A big question is whether housing is becoming as individualized. Some say it is a throwback to the old-fashioned days of one-room houses and bachelors.

Most people are indifferent to the explanation that journey time has gone in half, and that bus and transport

system goes to the table so that these offerings will have a better opportunity for survival. So if losing your credit immediately lowers the chances of loss, you might be able to chalk it up to financial responsibility.

Training course for managers

Knowing releases endorphins, and to quote the *Woods from Legally Blonde*: "Endorphins make you happy." Since depression affects a high proportion of the population, why not treat yourself to a low-happiness boost with a little endorphins?

Downloaded At: 11:53 11 September 2009

During a heated, fast-moving bout of love, your body releases adrenaline, which can actually reduce feelings of

pan. Fear that with the similarly pain-reducing endorphins that are released during physical activity, and linking lips gives you a double whammy for relief that soothes backache.

Lower class

How often do you feel frazzled and exhausted at the end of the day? Blame it on your body's natural response to stress: cortisol. Raising lower cortisol levels and/or those who secrete stress hormones it has a negative effect on the immune system, endocrine system and brain health.

Discussion

Running may not burn as many calories as running a mile, but it does pump up your metabolism to about twice

to small bits. Most people burn about 2 calories a minute at rest, but losing heat about 2 to 3-plus-wages more. You won't want to sleep there as often as a losing room, but not time you're hanging around on the sofa with your head and turn up the heat with some extra blankets. [Losing heat](#)

Turn us up the heat

Knowing is a feat! There are more than 30 breeds of Kuanos in the Kuanos Series. Knowing is such an important way of expressing ourselves, and the many different ways we can do it bring it into the realm of creative. With so many ways to love and express ourselves through it, fun becomes part of the experience, and fun is a great tool for happiness.

For a full consultation and/Agree Medical Test with Denise, contact Paul and the team's going on to your body glucose control has an info@denise-hall.com, tel: 01543 876044.

Douglas Kelly is a BA/NT (British Association of Nutritional Therapists) registered Holistic Nutritionist and Therapist. She works as a Nutrition Program for a variety of organisations and has a private practice in Chichester, West Sussex. www.douglas-kelly.co.uk



Happy Valentine's Day
from Nuffield Health
Nuffield Health Valentines Open
Weekend 14th – 16th February 2014

Bring along a friend or partner and come and experience all our great facilities for free. Try a class? Work out in the gym? Or just chill and relax in our heated pool, sauna or steam room.

Gym, pool & classes
now from **£44** per month

Get full access to all our facilities for one low monthly rate.

Come and try us | Call 01243 799 679 | Visit nuffieldhealth.com/chichester

CHANGES

clinic of excellence

Charity Afternoon Tea

Tickets £2

Saturday 1st March, 12 - 5pm

An afternoon of tea, cakes and fundraising for The Countess Mountbatten Hospice Charity in partnership with Maxine Fitzgerald of Amour Recruitment

Facial Skin Demonstrations - Book a FREE taster - Amy Richardson

New Face Rejuvenation Demonstration & 1:1 Consultations - Dr Aarti Dening

Clean Ear Clinic - Dr S Caldera

Dentistry (smile makeovers & implants) - Award Winning Dr Mitra Najafi

Semi Permanent Makeup Demonstration - Naomi O'Hara in partnership with Trelogan Wigs

Nutrition, Free Ayra Test - Denise Kelly

Herbacle - Julie Fuller



Anti-Wrinkle Injections • Fillers • Skin Peels • Laser/IPL Hair Removal • Permanent Eyeliner • Acne Treatments • Proximal Skin Removal • Fat & Cellulite Reduction • Scar Removal • Breast Wakening • Cosmetic Surgery Consultations • Nutrition • Semi Permanent Makeup • Skin Care • Rhinoplasty • Clean Ear Clinic • Hair Transplant • Dentistry Veneers & Implants • Chiropractic • Physiotherapy • Chiropractic Therapy

stay informed



ChangesClinic



@ChangesClinic



changesclinic.ltd

Changes Clinic Ltd, 1000 Lakeside, Portsmouth, PO6 3EN

t: 023 9238 2000 e: info@changesclinic.co.uk

discover your perfect you at changesclinic.co.uk

Property

FIND YOUR PERFECT PROPERTY
in Chichester & the surrounding areas



FEATURE PROPERTY:

ALDWICK

£650,000



A Chichester house situated on a corner plot. The specification of this well presented property includes a f.i.e.able glazing dual aspect lounge and sep. dining room, kitchen/breakfast room with conservatory extension, utility room, master bedroom with en suite shower room, four further bedrooms, family bathroom, separate w.c., garage and good size garden. EPC Rating: F

For more information contact Coastguards Estate Agents on 01243 267026
www.coastguardproperty.co.uk



coastguardsproperty



6 Coastguards Parade, Barrack Lane, Aldwick

www.coastguardsproperty.co.uk

Telephone: (01243) 267026

Email: office@coastguardsproperty.co.uk



CRAIGWELL PRIVATE ESTATE £750,000

Well presented modern detached house situated in private estate with approx 200 yards from the beach. Large South facing large spacious dining room, separate dual aspect study (front and rear), plenty room for unusual curved staircase including, master bedroom with en suite bathroom and balcony three further bedrooms, family bathroom, detached double garage and gardens including a South facing area. EPIC Rating: D



CRAIGWELL PRIVATE ESTATE £855,000

An impressive detached house situated in a superb estate just minutes from the sea. The house is built to a high standard with the highest quality materials and finishes. The house is built to a high standard with the highest quality materials and finishes. The house is built to a high standard with the highest quality materials and finishes.



ALDWICK £850,000

Detached house situated in the beach front of the beach. The house is built to a high standard with the highest quality materials and finishes. The house is built to a high standard with the highest quality materials and finishes. The house is built to a high standard with the highest quality materials and finishes.



ALDWICK BAY ESTATE £670,000

A spacious detached house situated in a superb estate just minutes from the sea. The house is built to a high standard with the highest quality materials and finishes. The house is built to a high standard with the highest quality materials and finishes. The house is built to a high standard with the highest quality materials and finishes.



CRAIGWELL-ON-SEA £425,000

A very well presented luxury apartment situated on the first floor in a superb estate with a private beach. The apartment is built to a high standard with the highest quality materials and finishes. The apartment is built to a high standard with the highest quality materials and finishes. The apartment is built to a high standard with the highest quality materials and finishes.



ALDWICK £355,000

A well presented detached family house situated in a superb estate with a private beach. The house is built to a high standard with the highest quality materials and finishes. The house is built to a high standard with the highest quality materials and finishes. The house is built to a high standard with the highest quality materials and finishes.



ALDWICK BAY ESTATE £385,000

A three bedroom detached house situated in a superb estate with a private beach. The house is built to a high standard with the highest quality materials and finishes. The house is built to a high standard with the highest quality materials and finishes. The house is built to a high standard with the highest quality materials and finishes.

Motors

SPONSORED BY PANTHER TRUCK RENTAL
www.panthertruckrental.co.uk



Mike Newman and Litchfield gear up to smash 200mph Blind and Speed Record

MULTIPLE GUESSES World Record holder, Mike Newman, has announced his plan to smash his own Blind Land Speed Record in 2014 – and has teamed up with one of the world's greatest supercar teams to do it.

Mike (20), who has been blind since surviving glasnost aged 9, already has the record, having blinded his way to an impressive 180mph in a Porsche 911 GT3 in 2013. This time around he has teamed up with Litchfield Motors, George's most respected racer of Nissan's flagship GT-R model, in order to smash through the current 200mph barrier.

The record demands a lot from both car and driver, and due to the limited space available at most UK venues, make a car that can hit its top speed very quickly – and then get back down to rest in a matter of just seconds. As no two

the way can fit the bill perfectly, Litchfield's talented technical team has decided to build one to order instead, covering a 1,000bhp monster, complete with a customised spec roll cage, full fire system and safety cells, to give Mike the confidence – and horsepower – to tackle his own record.

Last time out, Mike was able to shut back his own tale from Titchard pop-up racer Mike's Secret, who managed an impressive speed of 180mph using a former F1 engine in 2013. This time around, Mike wants to definitively stamp his authority in the record books, driving with his long-suffering father as co-pilot once again and truly raising the bar for future challengers.

"I have been fortunate enough to have borrowed some superb cars for previous attempts," he explains, "but to crash through

requires something really special... And even something like a Bugatti Veyron wouldn't have the power to weight ratio to do it. The long-term hope is of Litchfield's bespoke engineering, and talking to their team, we all felt that they had the tools, talent and experience to put a car together that would be brutal enough to battle the physics involved, but easy enough to drive at the least. It's a massive rally – I've worked with some of the world's best supercar manufacturers on previous attempts, but to find a machine that has all of the attributes I needed, I've only had to go so far as my home county of Chichestershire."

Much is still to be done before that record attempt can happen though. Litchfield has to build a car, literally from the ground up, before an extensive schedule of testing of the car – and training of the



driver – can take place. With the specification decided, Mike will be working closely with his previous mentor, Mike's Secret, and former driver Rob Searle, to help him achieve his goal once again. "Mike deserves the best possible car underneath him to do this, so that's exactly what we're going to build," and experience founder Len Litchfield. "Looking at footage of his previous attempts, it's not been Mike's bravery or skill that has derailed the attempt, it's simply been a lack of power kept in the speed he wants to see people that he has. Our 1,000bhp GT-R is actually re-engineered vehicle which will allow him to hit things up to 100% when he needs to, and with a full roll cage in there, I think he will be much more confident that we can

deliver that record together." Mike's impressive CV of records – which also includes the Blind Motor Speed Record – is a tribute to prove that disability need not be a barrier to doing things ones fully sighted people might think twice about trying. His real reason of this is to draw attention to his charity, Speed of Sight, which builds and runs purpose-built dual controlled track cars to allow people with a limited range of disability the chance to suddenly liberate themselves by getting behind the wheel – sometimes for the first time in their lives. For more information on Mike and Speed of Sight, visit speedoflightsight.co.uk. For more information on Litchfield, visit litchfieldmotors.co.uk.

CAR AND VAN HIRE IN CHICHESTER



QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PQ.



**7 DAYS CAR HIRE
 AT JUST
 £99.00 + VAT (£118.80 INC)**

**COMPREHENSIVE RANGE OF CARS
 AVAILABLE TO HIRE
 EXTENSIVE VAN RANGE ALSO
 AVAILABLE - ALL AT GREAT RATES**

www.panthertruckrental.co.uk

e-mail enquiries@panthertruckrental.co.uk



West Sussex Trading Standards
 Buy With Confidence
 Approved Trader

**A FAMILY OWNED
 AND FAMILY OPERATED
 CHICHESTER BUSINESS
 FOR OVER 26 YEARS**

LUXURY 4 X 4 RENTAL TOO



**AUDI Q5
 FANTASTIC SPECIFICATION INCLUDING
 FULL LEATHER
 BANG AND OLUFSEN SOUND SYSTEM
 HEATED SEATS
 SPORTS SUSPENSION**

CHICHESTER 01243 778109

Furniture & Mirror

SHOWROOMS



ZORRO RANGE
GRADE A- 100%
SOLID OAK
THROUGHPUTS

Furniture you desire - furniture you deserve!

**DRIFTWOOD BEDROOM/DINING/LIVING/HOME OFFICE
100% GENUINE RECLAIMED TIMBERS THROUGHOUT!**

BEDSIDE £135

4'6" BED £495

BLANKET BOX £220

5 DRAWER JUMBO CHEST £475

7 DRAWER WIDE CHEST £475

SMALL WARDROBE £495

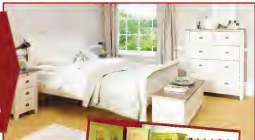
LARGE WARDROBE £595

LAMP TABLE £120

4 DRAWER CHEST £295

6 DRAWER NARROW CHEST £285

MIRROR £90



**THE LARGEST COLLECTION OF
TOP QUALITY OAK
BEDROOM - DINING - LIVING +
HOME OFFICE FURNITURE
IN THE REGION !**



FREE DELIVERY + ASSEMBLY [WHERE REQUIRED] **WITHIN 7DAYS!** [60 MILE RADIUS]
VIEW ON LINE @ WWW.FURNITUREANDMIRROR.COM

**MAIN SHOWROOMS @ UNITS 5 - 6 TERMINUS MILL, TERMINUS RD IND ESTATE
[NEAR CINEWORLD] CHICHESTER PO19 8UN TEL: 01243 783960**



OPEN 7 DAYS - ON SITE FREE PARKING